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ABSTRACT

This booklet offers information about sources of help for First Nations adult survivors of childhood sexual abuse, particularly in Canada. It explains the definition of sexual abuse and describes the specifics of the law regarding such abuse. Descriptions of common aspects of childhood sexual abuse include quotes from adult survivors. Long-term effects of sexual abuse include problems with: (1) low self-esteem and feelings of powerlessness; (2) feelings in general; (3) body issues; (4) intimacy; (5) sexuality; (6) parenting; (7) employment; and (8) ongoing family issues. The booklet discusses the history of sexual abuse in First Nations communities and the problem of denial in those communities today. It lists various resources to aid in recovery such as community support, talking to partners or friends, calling a sexual assault center, calling a crisis line, seeing a private counselor or therapist, or going to a survivors' support group. Possible sources of funding for counseling are the Medical Services Branch of Health and Welfare Canada, employee assistance programs, or Criminal Injury Compensation. Guidelines for reporting abuse are given that explain aspects of reporting to the police and emphasize the legal obligation of certain professionals to report suspicions of child abuse to authorities. A glossary and a bibliography are included. (KS)

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